The Canadian Nurse

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A CANADIAN NURSE IN ROME.

At St. Paul's House, in Rome, the nursing was of the ordinary kind, and leaves only a few facts fixed on one's mind, with pleasant remembrances of kind people. But the Eternal City, once you have lived there, retains its hold upon the affections and imagination as no other place does: it takes possession of you, and you cannot choose but have it so.

I was one of the early nurses sent from New York, for eighteen months, going in January and leaving in June of the next year. The summer was spent in Switzerland. When our number was complete at that time there were six American nurses and about ten English, who only remained through the winter. St. Paul's House is in the north-eastern quarter of Rome, situated almost between the Piazza del Indepèndenza and the Military Camp, a very modern part. It was a beautiful villa, with a garden on two sides, where roses grew, where it seemed to me that the cold would pierce one's marrow. That is the first surprise one gets, the outer world looks so bright and summer-like and the houses are so cold; but soon you do not mind it, and walking always makes you warm.

The patients are all English or Americans, travellers generally, staying sometimes in the hotels and pensions and sometimes living in apartments in some one of the large palaces. The doctors were generally English or American, though when called to the smaller towns we usually found an Italian in charge. I found them always pleasant to work for.

The most of the nursing was typhoid fever, very much like other typhoid, unless that it was apt to linger, and the gastric symptoms were intensified. We also had obstetrical cases, and, of course some surgery. Once I was sent into one of the Protestant homes to care for a little Italian child who was dying—my one death while there.

My first case was a typhoid in Syracuse, Sicily. Then I first saw the beauty of the stars in southern skies, and learned to listen through the night watches for the soft, clear sound of the monastery bells calling the monks to prayer. My patient was in a pension, Our hostess was a German lady, who spoke English perfectly, so

my main trouble disappeared, as I spoke nothing but English. She was kindness itself to me, and taught me to cook macaroni in the real Italian style. My patient made an uneventful recovery, and a few weeks found me back in Rome again, back to the companionship of the nurses, the cheerful home dining-room, the daily walks through the Piazza past the ruins of the Baths of Diocletian, on to St. Paul's Church, where it seemed to me that the joy of looking at Burne-Jones' design on the apse was enough of itself. Back to the wonderful life of the Roman streets, and perhaps best of all, back to the kindly interest and advice of our superintendent, who, I am sure, dear lady, must have often grown tired of directing the numerous journeys to divers far away towns, yet her interest in our pleasures never seemed to flag. And how apt were her counsels as to our refraining from purchasing while yet we were new in the country. But never did shops look so tempting, and money surely was never so much longed for that the hundred and one precious trifles might be made our own.

Work had now begun in earnest. Soon I was at another case, also typhoid fever, this time to assist another nurse. Now it was Rome in Lent, with Easter in the near future. My next Easter was spent in Florence, that city of flowers, lovelier than ever at that time. Rome filled with pilgrims and visitors all trying to sound the depth and measure the wealth of its riches. We only heard the echoes of it in our patient's apartment at Hotel Bristol, for she was very ill. Then came the period of convalescence, the journey by easy stages, first to Civita Vecchia, then Genoa, Turin and Paris, at which latter place I left her much engaged in purchases.

My next venture was to Naples. Naples in summer, gay and to all appearances supremely free from care. My patient was an English lady who had lived in Italy for years, and the home comforts in her palace apartment were most enjoyable. Italian servants are so thoroughly good, so attentive to their work and so polite that one of the great trials of nursing is nearly always absent there. This was a long case, the heat seemed to sap the patient's strength, and we made two moves out of the city before I could be spared to follow Miss Martin who had gone to the Engadine. Then in the midst of summer I bade good-bye to Naples with its wonderful bay and Capri rising dim and mysterious out of the mist, and after spending a blistering day at Pompeii, in the full blaze of the summer sun without one atom of shade, it seemed to me, turned northward, stopping at Rome, Milan and Chiavenna on my way, to prepare me for the change. It truly was a change which I cannot describe, for here at St. Moritz was beauty quite as great yet wholly unlike what I had left.

Here more delightful shops tormented me because of my inability to buy, but one could always walk and the new was ever a delight. Another case of fever claimed me, and as the season was

then late I was left to follow after with my patient, which was not until I had seen the mountains and the valley covered with snow. Then came the journey south, stopping at Lake Como, where I left my patient, and once more found myself at home in Rome. Then followed a season of rest when we wandered about at leisure trying to see all the churches, from the Basilian of St. Peter to Santa Maria del Sole, so small and dainty one wanted to pick it up and carry it away. Then there were little excursions outside Rome, the museums and numberless objects of interest. And I think the fact that we had been hard at work for so long and knew that more work was before us heightened the enjoyment of those "days off." I have heard nurses say they would not travel unless their time was their own, but I hold this is a great mistake, for then you see too much at once and it palls upon you. Our cases were generally hard ones, but beyond that we had no anxiety, no perplexing arrangements, neither were we driven in flocks from church to gallery and then to catch the train in a mad rush.

The writer's work is soon summed up. Two or three short cases and a long one in the north that made me acquainted with Pisa, Florence and Mentone.

Then more work in Rome and then those last delicious days, when with the feeling that I was free, I wandered about with my good-byes to the places I had learned to love so well, my only sorrow being that I might not see them again.

That such a dire calamity might not happen Miss Martin and I went our way last night to the Fountain di Trevi, and as the clock struck twelve dropped in a penny and drank some of the water, which they say assures your certain return to Rome.

But I want to know when that soldi is going to make good its promise, when I shall again walk through the streets with the beautiful names, and wander into St. Peter's as into one's own abiding place, and hear once more the nuns sing the Ave Maria at La Trinita de Monti.

NURSE CATHARINE.

PRIVATE NURSING SERIES VI.—THE DOCTOR.

It is almost impossible to say anything new or original on this favorite subject. From our early training-school days absolute loyalty and unquestioning obedience were so constantly instilled into our minds, that both became second nature, and the continual association with those teachers, who were daily shaping our lives, and enlarging our vision, and whose affection and good opinion we were so keenly ambitious to secure, transformed this discipline into loving service. So on graduating, we were hardly conscious that these two factors had become a part of ourselves, and what

in the beginning seemed harsh and unnecessary, was now but right and proper.

From this atmosphere, the young graduate goes out into a world hitherto unknown. Unlooked-for criticisms of every description, kind and unkind, assail her, both on the part of patient, relations, friends, and possibly even the doctor, for whom she is giving the best of herself, and to her, for the first time, comes a doubt. Why should she give faithful, conscientious service if not appreciated? But in the majority of cases the old influence is still there, and wins out, and the outside knows nothing of the struggle. It only shows in the tired lines of that face, which, under every circumstance, is expected to look cheerful.

To the nurse who does her best, and yet is found wanting, by either the family or physician, there is but one sensible course to pursue, which neither casts reflection on her character nor her training-school, namely, to give up the case; for in most instances it is the question of personality and not the lack of nursing capability, and the woman who realizes the situation, acknowledges it, and yet will not permit it to disturb her serenity, exhibits a strength of character that is indeed admirable. If there ever comes a time when a nurse feels she cannot continue to work under the doctor loyally and well, then she should resign, saying nothing, for at all hazards the patient's peace of mind must be maintained, and to the anxious, watching family it would be little short of cruelty to add one burden more. In following this course she is carrying out the old saying, "The quietest way is the best." The woman who is loyal and true to herself and her work, will be, that most blessed thing in the profession, "A truly good nurse."

Fortunately these discords in the prevailing harmony between the doctor and nurse are rather uncommon, usually the feeling being of the warmest, and the sympathy and good fellowship of the strongest, and it is indeed a happy feeling to the wornout nurse to know that with the doctor's arrival her troubles will be over, at least for a time, and the point which she has been so battling for loyally upheld by him, and her rough path made smooth by the tactful words and happy manner of the attending physician.

To the nurse who has absolute faith, there comes a feeling that she cannot do too much for that man who has placed such a trust in her hands, and who is so loyally testifying his confidence in her, and it is just this confidence that upholds her through many dark hours, and acts as an impelling force, making her go onwards, and as she realizes her position and seizes the opportunities that present themselves, so will her character go on broadening and her view of life grow clearer, and she will become an all-round better woman and nurse for that discipline that she has had to endure through her profession.

E. B. B.

OUR ASSOCIATION.*

Madam President and Ladies,—It gives me a great deal of pleasure to see so many members here to-night, and to feel that you all take an interest in our association, and one another's reminiscences. "The Canadian Nurses' Association" is one we have every cause to feel proud of, and do our very best, both individually and collectively, to uphold its honor and high standing.

Does not our constitution tell us that its chief aims are "Mutual instruction and improvement; the establishment of a sick benefit fund, to make some provision for nurses in case of sickness or death," etc.

Let us remember that The Canadian Nurses' Association belongs to *each one* of *us,* not to our President *alone,* and it is our duty, as it ought to be our pleasure, to help and strengthen her hands in every way we can.

For instance, when a subject is put before us, it cannot be very pleasant for her, for us to sit still and look at one another. If the subject is for discussion, why not discuss it? Our opinion is asked for, why not give it? What matter if we are not quite sure of the subject. Now is the time to learn. It will help to clear the cobwebs from our brains, and perhaps help others to do likewise.

One thing is certain, it will help make our President's task a trifle easier, and she will feel encouraged when she sees we take a real live interest in our association, and do not sit like mummies or deaf mutes, and leave all the hard work in the hands of a few; while we enjoy the blessings.

Then again, don't you think if we would all try to remember to wear our school medal and association pin, it would help to make us known to one another. Masons do not wait to be introduced and why should nurses? We loose a good deal of pleasure by being *too* proud. Perfect courtesy is necessary, but I hardly think so much formality. Do you?

Then, friends, let us be loyal to one another. If we can't say anything in favor of a sister, who is severely criticized, let us say nothing, at least, until we hear both sides of the case. I don't know how it is with you, but it always gives me a half-sick, faintish feeling, almost as if I had been struck, to hear a nurse unkindly spoken of, even when I do not know her, or perhaps I have never even heard of her before.

An able writer has said, "The chief aim of every woman should be, to be first a Christian, and then a gentlewoman, and that a true gentlewoman is *one* who never does or says anything to make anyone else feel uncomfortable."

Oh, if only we nurses could always follow that advice, how

* Read before the Canadian Nurses' Association, Montreal.

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much easier it would be for us to walk worthily of our famous ancestor, Florence Nightingale, who has won for us the glorious title of "Ministering Angels," a name given to us, and to *us alone,* the world over.

No wonder the world expects perfection from us, and criticises us more severely than ordinary mortals. For are not we *trained nurses?* (trained in loving service), Christians, gentlewomen and ministering angels? It is a high ideal, but not *too* high for a Florence Nightingale, and what Florence Nightingale did for the poor soldiers in the Crimean War, *we,* the members of *this,* The Canadian Nurses' Association, have the privilege of doing for the sick and suffering to-day.

Not long ago, I heard a clergyman say, "He often wished he could be a 'trained nurse," if it was only for *ten* minutes; to be able to get at the bottom of things and see them as they really are, so as to be able to speak the word in season, and give sound advice." I wonder if we forgot that it is that very privilege of ours, that seeing the skeleton in the cupboard that often wrings our hearts but *seals* our lips, and the only help we can offer is our silent sympathy.

Now, friends, I beseech you, do not do as I do, but as I say. Aim high, but be thorough. If you do, you won't fall very far short of a Florence Nightingale. You will be a credit to your school; an honor to the Canadian Nurses' Association, and one of Christ's ministering angels.

GRATIA B. WARD.

Montreal General Hospital, Class '93.

DIET.*

When invited by your President to talk with you this afternoon upon the ever-present subject of diet, I believe I made protest—for at this season of the year my thoughts and aspirations are away from the every-day subject of food, and lead me to a longing for the simpler out-door life that allures and charms. And if this life near to nature could be lived by us all instead of now and then, as fad or fashion takes us, the nurses would have easier times and humanity have fewer ills. But the complex mixture of bad air and late hours and imperfectly prepared food has brought many of us to the repentant stage of our career—the looking back upon past follies. If we study this subject it will be seen that in public institutions when the food is simple and prepared on hygienic principles, and containing a balanced ration, the children so fed grow up healthy, provided fresh air and sunshine accompany the diet.

* Read before the Montreal General Hospital Alumnæ Association.

Our dining tables represent much unnecessary labor, and in the olden time, to which we are apt to feel superior, with our up-to-date methods, fewer dishes were prepared—but by all accounts they were better cooked.

I wonder if any here have followed the work in this line done by the University of Indiana in the matter of diet.

At Yale the students' board costs four dollars and ninety-five cents per week; in Indiana it averages one dollar and eighty-eight cents for the same period.

Those who have tried both assert that the Yale student may have more variety at a single meal, but unless he exceeds the average expenditure of 70 cents per day he is not so well fed as at the Indiana University, at 18 cents per day. Though there is less variety of food one of their four-cent-breakfasts consists of delicious apple sauce, bread and butter, rolled oats, baked potatoes, coffee, with milk and sugar, and a big red apple of the highest market-grade. The fruit is served both cooked and raw, and when eggs are cheap they are substituted for baked potatoes, and other fruit in its season takes the place of apples. There is no doubt such a catering requires thought and experience—we must plan and work "with brains" as well in this important department of medical handicraft as any other. Our present-day haste does not give us time to cook our cereals or our vegetables, and the result is indigestion, due to uncooked and unchewed *starch*. Nor should food be overcooked, for by that means the fibrous and other elements become unfit for digestion. If the medicinal use of the food we consume was better understood much suffering would be spared to the world.

Some writers who are hopeful of the future tell us the day is coming when disease will be cured by a wise adjustment of the food consumed. No doubt some of you have read of the interesting experiments that have been carried on with special diets for epileptic patients, as an instance it was found that fish given at any meal brought on symptoms more or less severe according to the variety of fish given.

The words, "The Science of the Kitchen," are no idle term, for educated housewives are beginning every day to realize that such work is indeed a science, and involves a knowledge of chemical constituents and their adaptability for our table. It is no use to talk of food values unless there is practical ability to make these materials give their flavor and nutrition.

To give force to a theory one must have the skill to carry it out, for the head and hand must work together.

It is hard to make the untaught workman believe that a pound of lean beef and a quart of whole milk contain about the same amount of nutriment.

But the pound of beef costs more than the milk, and it is

essential for health that we learn the kind and proportion required.

This is the special art of the nurse to be able to supply what is lacking, or what is needful, to build up the patient.

Man is only kept in health by a mixed diet, and no substance, however rich, be it animal or vegetable, will support life for any length of time if subject to its exclusive use.

It may not always be remembered that *eight ounces* of a mixed animal and vegetable aliment, well prepared and properly put into the stomach, will yield a large amount of chyle and afford more benefit to the body than *two pounds* improperly taken, hence the great importance of proper cooking, especially for the invalid. In the matter of diet for the convalescent, fowl stands first as an article of food, and it is allowed that white-fleshed birds are less stimulating than most other meats, and eggs have been a great dependence, especially when used raw, but in this way are often objected to by a weak stomach. The wise nurse knows that much depends upon appearance, and will introduce the albumen and fibrine as much as possible into the diet. Starch in any form is difficult to digest and care must be taken that all food containing this be thoroughly cooked; flour, rice, corn, oatmeal, coming under this head, make it an important item in hygienic cooking.

Potatoes contain 75 per cent. water, which is absorbed in baking, as each tiny starch grain swells and breaks. Baking is an ideal way of cooking this vegetable, for as from 53 to 56 per cent. of the saline constituents is potash, and potash is an important element of the blood, it can be understood at a glance that much of its value is lost when potatoes are boiled without skins, for the retaining of the skin when cooking prevents, in a measure, the passing of the salts into the water.

A potato so boiled will crack, showing the starch, and if too long in the water the starch becomes soft and gummy, better fitted for laundry purposes than for the human stomach. In the study of Domestic Science we are apt to neglect or undervalue one of the great gifts to man, *the herbs of the field.*

In the old days barks and herbs were considered of value to keep people in health and to heal those who were ill. The sanguinaria was known to be useful for croup in our great-grandmother's days, and the Indian turnip broke up many a cold.

John Burroughs has said that the most human plants are the weeds. How they cling to man, following him around the world and springing up wherever he sets his foot. How they crowd around his dwelling, and throng his garden, but are so familiar that we fail to learn their value, fail to be aware of their virtues or their vices.

Motherwort catnip, plantain tansy—what a homely human look they have—and how many a pain they have allayed in those

days when we could not go to the corner druggist for the concentrated essence of these self-same plants.

Did you ever look for sweet-flag as a pleasant remedy for your mild dyspepsia and to clear the voice? or test the virtue of lavender or valerian for those fashionable and peace-destroying strings called—nerves? Did any one ever give you red pepper tea for a cold, nearly strangling you in the effort to drink it without winking?

Perhaps you can remember your kindly grandmother rubbing your bruised leg with rattle weed, which is better than the arnica you buy now for hurts of every sort. She dug the roots in June when the tall, white blossom spikes were open, and after scrubbing them clean, sliced and covered with alcohol to be kept for the healing of your bruises.

There is chamomile and balm, too, full of virtues; and yarrow, found to be so good for wounds as to be called in France, "the herb of the carpenter."

In many country places the bark of the barberry is still used as a cure for jaundice, and the blackberry is valuable in obstinate cases of dysentery.

But tinctures, pills and powders are so convenient that we are apt to lose sight of the source whence many of these healing virtues originated and so to undervalue their worth.

Probably you and I have never made tea of the monarda or bee balm—that plant, with a flash of color for its blossom, that gives it a right to the title of "Humming-bird Flower." But it was used by the colonists, and said to make a good brew. Did you go to the woods and find the witchhazel, that strange shrub that puts forth its flowers in winter, and was regarded with superstition by the Indians of olden times. Yet to-day it retains its usefulness as a remedy for inflammatory troubles.

But we cannot stay in the woods with the herbs of our grandmothers—present-day needs and duties bring us back from the sweet spring air redolent with the odors of the awakening earth, to the serious fact of feeding the world.

In such an institution as this, when the subject of diet for the invalid and the convalescent forms a part of the curriculum, it would be presuming for me to say anything, but while I have wandered with you in search of healing balms, we have passed by in silence the fruits that form an important article of food for the juices afford many of the salts so necessary to the body, when they act as correctives, aperients, diuretics and antiseptics.

Did not this same grandmother give you a good hot cup of black currant tea for a cold in your youthful days? I can smell the pleasant fruity odor and testify to its virtue, and the currant is useful in deranged biliary secretions and scorbutic affections. The cheapness of good oranges and bananas helps to keep the

children of our day healthy, and so each fruit comes to us in turn for our daily use.

The apple is of special value as a wholesome, nutritious food, containing sugar, gum, a small quantity of oxalic acid, and a large proportion of malic acid, the latter being the principle upon which the grateful odor of the fruit depends. Thousands of Swiss and French peasantry make a hearty supper of apples and bread.

And here, to my mind, in closing, comes a verse that will tell better than words of mine the virtue of this fruit:

In these days of indigestion—of fever and congestion,
A new and pleasant remedy has lately come to light;
'Tis a cure all pure and simple, the very latest wrinkle,
Just eat a big round apple, and you'll be all right.

If your'e feeling pessimistic, in a way that's realistic,
If everything is going wrong and things look black as night;
If you're ill in mind and body—do not take a drink of toddy,
Just eat a big round apple, and you'll be all right.

Mrs. Fraser Torrance.
Hillside, Chateauguay Basin, Que.

DISTRICT NURSING.

For six months I have been a district nurse in the parish of St James' Cathedral, Toronto, in private duty I was engaged five years. From my experiences of both, I could now rather wish that six months' private nursing had been followed by five years in the district work—so much more interesting, so much more congenial do I find my present work. Let me not be understood as disparaging the arduous and useful life of a private nurse, who gives of her strength, her cheerfulness, as well as her professional skill to lift the burden of sickness from home after home and to lighten the long hours of suffering for all who seek her aid. But in this work we pass from one bedside to another, our interest in one case is unconnected with our interest in the succeeding one; we enter closely indeed, but only for a short time, into one person's life, perform our professional duties and pass out of it. Now, as a district nurse, I know myself to be part of a large organization, which is working steadily, consistently and systematically to one definite end. I know that I continue to be an essential factor in the lives of those with whom I have to do. The home life of upwards of one hundred and fifty families is familiar to me. If there are any of you who hold the opinion that I have heard, not seldom, expressed, that there

are no real poor in Toronto, I wish you would come with me into some of these homes on George, Duke, Duchess or King Street. Homes, many of them, not only of poverty and squalor, but of contention and bitterness, homes of neglected, hungry children, of drunken husbands and nagging wives.

As a district nurse, my chief work is to visit such families as systematically as possible, to proffer food for their mouths, clothes for their bodies and a willing ear to their complaints. If a woman is ill and there is no one to wait on her, I go and do what I can. It is difficult to detail exactly the kind of work I find before me. Each person has her special difficulty, her special trouble, which requires special treatment. While one feels appalled by the vast amount of misery, one has the comfort of realizing that the smallest attention is helpful, that the thousand little things one can do, each and severally, mean a very great deal to those who can have no thought or interest outside the desperate needs of their squalid and struggling life. Of course one meets with ingratitude, a life of struggle and failure does not tend to develop capacity for gratitude. Cunning and fraud are not absent, yet if in giving to ninety-nine undeserving, you give to one deserving, be sure it is well and profitably done. A friend of mine told me of a case of a woman who sent for relief, she was starving, her husband ill and she could get no work. The case appearing such an urgent one, the clergyman went down at once and found the needy family regaling themselves on roast beef and apple dumplings! This has never happened to me. When I begun my work, on one of my first visits I discovered an old woman living in a cellar, damp, as only a cellar can be, the foundations of which were giving way. In the room was an old stove, so shaky that its stability was threatened whenever coal was put on—which indeed was not often—a bed, very dirty, a table and two chairs. Besides this poverty-stricken condition, the place was overrun with rats. The poor old soul told me that she often was afraid to go to sleep at night as the rats ran over the bed. She was hardly able to walk for varicose veins, but yet made her living, if we may give it such a grand name, by peddling shoelaces, tapes, pins, etc. Her earnings amounted to about 15c a day, out of which she had to buy food, clothes and pay $1 a week for rent. She came very near starving to death. It was the winter when I was visiting her, her stove gave out no heat, and often I have gone in and found her in bed trying to get warm. Finding she had no clothes but those she had on, I got her others, and asked her to wear them, she said she would, but never did. On asking her why she told me a bath would be necessary before she could wear them, that a bath in that damp and icy atmosphere would probably kill her, and that all she had to serve the purpose of a bath tub was a dish pan, after that I could hardly urge on her the advantages of cleanliness! A dish pan is at best an uninviting bath, and one's life is a good deal to risk for a clean skin! She went to the House of Industry after much persuasion.

What makes my heart ache more than anything are the old people and the little children—more particularly the little ones. Little innocent things brought into the world with nothing before them but poverty and hunger, very often no clothes for the tiny stranger. When they get older greeted with shouts, slaps and oaths, many of them never hearing a gentle, loving word, how can they be expected to grow up into men and women who are going to make the world a little better? In so many of these homes you find such a number of children. Eight or ten dollars a week won't keep a family of twelve in much comfort when the rent is $10 or $12 a month. Think of the food, fuel, clothes. I find little things running about with no shoes or stockings on, others whose toes are beginning to peep out. In one house there are six children, and the mother told me that she has to wash their clothes after they go to bed to have them dry by next morning—they have no change to put on. Another family in whom I am most interested, consisting of father, mother and six children, live in three back rooms. They are English, brought out to Canada by some of these societies who promise untold wealth. The mother told me that they spent days at the Union Station on their arrival, sleeping at the house of some kind-hearted person who took pity on their forlorn condition. The husband found a little work after some days and they took these three rooms. For days they lived as best they could with no furniture until he got his first pay. All last winter he was sickly and not able to work much. She has a young baby and cannot leave as all the children are young. How they ever get enough food I cannot imagine. I went in one day about noon and found them having a dinner of boiled potatoes and dry bread, the boys need boots, stockings, everything in fact. The poor mother cannot bear to send them to school, the other children make fun of their old rags. Nevertheless in some of the most poverty stricken places you find such cleanliness and neatness as is a treat after some others. In one place, the dirt is fearful. It is the most poverty stricken, filthy hovel I ever was in. Everything tells of a slovenly woman and a lazy man. The children are absolutely neglected and hungry. The man is always asking for work and never keeping it, the wife says the man is lazy. The man says his wife has nervous prostration and ought to be in the lunatic asylum! The children are ragged and dirty, their language vile. You feel here is a great opportunity and yet try as you will it seems impossible to make any impression. As far as I can see the chief causes of this misery and poverty which you meet every day are:

1. Drink. So many of the parents drink, then think of the lives of the children, brought up in this atmosphere. They have no chance with such examples.

2. Immorality, especially connected with early marriages.

3. Laziness, particularly among men. I have given you an example previously. You will find that the wives are the workers.

4. Ignorance. In this I am thinking more particularly of the wives. Compare two homes, the same amount of wages coming in. The one home seems neat, tidy, clean. The wife just makes the two ends meet, it is a struggle, but she does it. In the other home, there is untidiness, dirt, misery, the money must go as far as is needed. Why is it? The wife doesn't know how to manage, she has never done any housekeeping before marriage, been in a shop or factory ever since she was quite young, the result a miserable home.

To contend with all this one has to have patience, tact and a sense of humor, also a large amount of sympathy. Opportunities in this work are numberless. So often a kind word will do more than we think possible. If there are any of you who know of cases of poverty, go and see them, I ask you. Your washerwoman is poor and lonely perhaps, go in for an hour and chat with her, it will do you both good. The furnaceman may have a sick wife or child at home, ask him about them, if you haven't time to pay them a visit. Your maid may have an unhappy home of poverty, talk kindly to her, she will tell you all about it. It is wonderful how a little kindness and sympathy open the heart of a person. It is a relief to them to speak. Cultivate your great gift of sympathy and you will find yourself repaid a thousand fold and in so doing the words of Christ may also be said to us:

"Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."

G. T. Barrow.

Toronto.

ONE'S OWN PATIENT.

Novelty in a rather quiet and somewhat uneventful life is by many considered desirable, but not the novelty of being ill, and one's own patient, and the necessity of looking to others for, or doing without, the many little attentions which make life endurable or, I may even say, pleasant while confined to bed.

In this position, alone and among strangers, I found myself. In a short time I found some dear and helpful friends. The kindly interested care of very excellent physicians, for which I know I cannot be too grateful, helped to brighten life and make me feel "at home." Then, above all, the blessed companionship of books and flowers, the latter sent by my new friends, was a never-failing solace, and turned the many sleepless nights and suffering days into so many hours. My chief diversion in thought was to imagine myself two personalities—one the patient under doctor's orders and the other the nurse who carried the orders into effect. Sometimes the patient rebelled, but the nurse always won out, because the

patient was so anxious to recover health speedily, which she did, considering the starting condition. The convalescing period, which is usually so tedious when lasting over five months, was comparatively a happy and pleasant time, due, some of my indulgent friends say, to a sunny disposition and contentment under all circumstances. But I attribute it to my proximity to the dear old ocean and the many happy hours spent in a rolling chair with my favorite book on the beach.

I am so thankful to be well and strong again when every fine day on the board walk we meet so many sick and crippled in rolling chairs or on stretchers taking in the delightful sea air. The board walk, which is over five miles long and thirty feet wide, is a boon of comfort, and some even say life, to so many.

I trust I have not wearied the dear readers with my sick experience. GRADUATE NURSE.

Atlantic City, May, 1908.

ETHICS.

It is not easy to define in a single phrase the subject commonly called ethics in such a manner as to meet with general acceptance. It is an abstract rather than a concrete subject, therefore a definition of the latter, such as Chemistry by way of contrast, may help us to explain ethics. Chemistry is concerned with what is, has been or will be: Ethics with what is good or what ought to be. We must add, however, that the good which ethics investigates is not "Absolute Good," but "Good for Man" or the "Good" or "Well-being of Men," individually or collectively.

Now, if we make an examination into the general nature of ethics, we would consider the three chief factors concerned, *i.e.*, faith, purity and love. We would define faith as a clinging to moral and religious conviction. As a result of this faith or loyalty to conviction, our duty toward our fellow-creatures becomes clearer, and in proportion as we exercise this faith so are our duties more easily performed. The second outstanding feature is purity. An abstinence from all things unlawful and intemperate. We use "intemperate" in the broad sense of the term. For instance, it means a curbing of the exorbitant love of pleasure which we see in some, or again a renunciation of the race after wealth so characteristic of our own age. But love, the third factor, is by far the most essential. It is the motive principle of Christian good conduct. It means love to God in the first place, and as a development, love to all mankind.

The above is, however, merely an abstract summary. If it would be beneficial to the individual, we must apply it to the con-

crete subject. How then can we as nurses carry out the ethical code in our lives? Or, again, how shall we show forth in our vocation this faith, purity and love? As for faith, may we not substitute the term loyalty? Is not loyalty a nurse's strongest characteristic—loyalty to her physician, her patient, her classmates, her institution. If purity means abstinence, how necessary for us to exercise it. Our example counts for much, therefore how carefully should we guard our actions. But the greatest of them is love. Love or self-sacrifice, and where shall we find it better illustrated than in the ideal nurse? Mark you, I say "ideal." Over and over again she is called upon to give up her own claims for those of others, and how gladly does she do so! How often must she exercise that patience, tact and sympathy which were incarnated in the Divine pattern of perfect love! So, then, we would say, love is the fundamental basis of a nurse's ethical code: love to her Divine Maker, and, as a result, loyalty to and self-sacrifice for those around her.

JEAN M. C. SCOTT, B.A.,

Pupil Nurse, Kingston General Hospital Training School for Nurses.

Q. A. I. M. N. S.

The annual dinner of the Queen Alexandra's Imperial Military Nursing Service took place at the Hotel Windsor, on the 11th June, 1908.

Miss Sidney Brown, R.R.C., having been asked to perform the duties of chairman, responded most willingly and acquitted herself on this occasion in the usual hearty way with which she enters into everything connected with the nursing profession, particularly that of the army, in which she served so long.

The unavoidable absence of Countess Roberts, Vice-President of the Nursing Board, and Viscountess Downe, member of the same Board, was much regretted.

The dinner hour was fixed at 7 p.m., to enable some of the staff to return to their various destinations the same night, and very punctually all sat down to tables beautifully decorated with the most delicately-colored flowers which, it should be mentioned, were obtained at Covent Garden by some very early risers from the Queen Alexandra Military Hospital, Millbank.

On the right and left of the Chairman sat Miss Keer, the Matron-in-Chief, and Lady Wynne; beyond sat Miss Cave, Matron of Westminster Hospital and member of the Nursing Board, while Miss Becher, Principal Matron, as manager of the dinner, took up a position best suited for the responsibilities of her post.

The band of the Royal Army Medical Corps, Aldershot, dis-

coursed a very suitable programme of music whilst ample justice was done to a varied menu.

A little surprise towards the end of the dinner was caused by the appearance of a photographer, hitherto unknown on these occasions. The resulting pictures, even if they do not satisfy the fastidious will form a memento of the annual Q.A.I.M.N.S. dinner, to be handed down hereafter to succeeding generations as the fifth birthday of an institution which should increase in proportion and importance as the years roll on(and should draw like a magnet all its members to one united centre.

If colors could be reproduced accurately by photography, then it would be difficult to find for its portrayal a prettier sight than the scarlet silk capes and facings, toned down by the quaker grey silk dresses and set off by the snowy handkerchief caps of Indian muslin.

The health of His Majesty the King and Queen Alexandra, President of the Q.A.I.M.N.S., and the Royal Family were proposed by the chairman, and shortly after that the whole staff adjourned to the ante-room for coffee and animated conversation. Here from all parts of the United Kingdom, in groups of twos and threes, "comrades-in-arms" met and talked, and it is easy to imagine how much use would be made of the limited time afforded on this occasion.

Those who came from long distances were invited by Miss McCarthy, the hospitable Matron at Millbank, to avail themselves of the fine accommodation afforded there and, needless to say, the invitation was thankfully accepted. Amongst those present was a former sister who had served in the Egyptian War in the early eighties, and it was refreshing to see her enthusiasm, which would have done credit to a newly-fledged member of the Q.A.I.M.N.S.

Unfortunately the hands of the clock crept on, and though loth to go, yet duty calls were emphatic, and as time and trains wait for no one, ten o'clock saw the last members of the Q.A.I.M.N.S. leave the steps of the Hotel Windsor, where a most enjoyable evening had been spent.

Nurses Help Hospital.—Because of the lack of funds at St. Mark's Hospital, New York, and an insufficient response to an appeal sent out some time ago, the twenty-five nurses of the institution, graduates and training school pupils have offered their salaries for the next three months to help the institution over the hard times. Six thousand dollars is needed. In addition to its ward work, St. Mark's has a large out-patient service. It has also, since 1890, given out 32,955 free meals to hungry persons applying at the Hospital.—*New York Medical Record.*

Clinical Department

SIMPLE MEASURES FOR THE RELIEF OF INSOMNIA.

How to woo sleep in the case of wakeful invalids is a question that periodically confronts every nurse. The steady increase in the number of drug *habitués*, the multiplication of nervous, wakeful individuals, who, though not exactly invalids, are vainly seeking rest and finding none, leaving out of consideration the more serious conditions which follow if these habits and tendencies are not checked, makes the subject of more than ordinary importance. So diligently do the vendors of patent medicines advertise their wares, so strong is the temptation to ordinary mortals to avail themselves of these "short cuts to comfort" on the slightest pretext, that it is all the more necessary that those who have seen the result of these habits, who understand the dangers that follow the indiscriminate use of hypnotics of any kind, should practice and preach, as opportunity offers, the use and value of simple hygienic measures in overcoming wakefulness.

In an article in the *Dietetic and Hygienic Gazette*, written by Hubert Richardson, M.D., of Baltimore, after an exhaustive study of a large number of such cases, the statement is made that sulfonal, which nurses have considered harmless, has been found to possess a marked destructive power on the red corpuscles, and that most hypnotics produce sleep by intoxication and are, therefore, poisonous. Paraldehyde, if used for very long, produces a habit; bromide *habitués* are far from being uncommon, while the dire effects of opium are matters of everyday clinical observation.

He classes the main causes of insomnia as follows: unusual irritability of the vaso-motor system; excessive physical work, which stimulates the heart to such an extent that it fails to subside to normal; excessive mental work, which produces dilation of the cerebral vessels for such a length of time that they lose their normal tone; anxiety, worry, or intense joy, and anæmia.

Besides these, there are minor or external causes which often contribute to wakefulness. One of the commonest causes in winter is that the sleeping room is too warm and the air heavy with impurities. This is one cause which, as a rule, can be readily removed, given a tactful nurse, who knows how to deal with the unreasonable fear of "catching cold" that is so prevalent among all classes of people. After the nurse has prepared the invalid for sleep by bathing hands and face, rubbing with dilute alcohol, shaking and turning the pillows or bringing in a cool fresh one, brushing out the crumbs and straightening out wrinkles in sheets and gown, seeing that the feet are thoroughly warm, etc., let the windows be opened wide. Protect the patient by an extra blanket

or a screen if necessary, check the heat if it is excessive, and fill the room with cool pure air. Unless there is a strong wind blowing, or the weather is severely cold, one window may wisely be left open all night.

It is quite as necessary to consult the thermometer of the room in nursing wakeful invalids successfully, as in other diseases. A temperature of 60 degrees F. is much more conducive to sound restful sleep than if it is ten or fifteen degrees higher, as it very often is.

A hot footbath is often useful at bedtime in the case of bed-patients, while toasting the feet thoroughly for a half hour before a fire, has yielded equally good results where the invalid is not confined to bed. Direct heat to the feet in bed often seems to increase nervousness in some invalids who will promptly fall asleep when the heater is removed.

It is a good rule, where the tendency to insomnia seems persistent, to prohibit for three or four hours before bedtime, visitors, animated discussion on any subject, reading, concentrated thought, or anything else which might tend to mental excitement.

Unless the patient is confined to bed a full tepid bath in the bath tub lasting from twenty minutes to a half hour may be tried. It will, as a rule, be found that the heart action has slowed considerably as a result of the bath, and natural sleep may be expected to follow. Common salt, using about four tablespoonfuls to each gallon of water, increases the good effects of the bath. A light general massage following the bath, will help to woo sleep in the most obstinate cases.

In the case of a bed-patient, the tepid pack for from a half hour to an hour will often result in the invalid falling asleep in the pack. This has proven particularly useful in the case of hysterical women.

No heavy or full meal should be given to the patient for at least three, or better four, hours before bedtime; and at the last substantial meal of the day, neither tea nor coffee should be served. Cocoa, hot water or postum cereal make excellent evening drinks.

While it is a mistake to give a full meal just before retiring, it is quite as great a mistake to expect a nervous invalid to go to sleep promptly with an empty stomach.

Thin oatmeal gruel or the oldfashioned remedy, a cup of hot milk, sipped slowly, and a few crackers or a piece of plain bread or biscuit, are well worth a trial. Some invalids get so addicted to their hot milk at bedtime that they find it hard to settle down to sleep without it; and the best thing about this good old remedy is that it leaves no bad results from being addicted to it.

A hot water bottle applied to the back of the neck, and a cold compress to the forehead are measures recommended by some physicians who have prescribed them with good effects.

If the cause of the insomnia is not worry, and if there is no pain present, these measures, if wisely used, will, in a large proportion

of nervous cases, be successful in producing natural sleep. In any case, the use of hypnotics, unless definitely ordered to be given, should be left for a last resort, and used only as long as needed to tide over the emergency.

Detroit. C. A. AIKENS.

BICHLORIDE.—In making up bichloride solutions for douches or irrigation of wounds, some physicians claim there will be less irritation from their use if normal salt solution is used to make them instead of plain water.

VINEGAR.—The value of alcohol as an antidote to carbolic acid burning or poisoning is well known. It is not so well known that common vinegar is also an effective antidote for either external or internal use.

BURNT SUGAR.—Burnt sugar has long been used by the laity as a deodorant in sick-rooms, but a report in a druggists' journal states that it has also valuable antiseptic properties. Experiments have been made with typhoid fever and tuberculosis germs, exposing them to the vapor confined in a glass. The germs refused to grow after the exposure.

GOLD FISH.—If your patient has plenty of flowers in the sick-room, suggest to some friend to bring a few gold fish in a pretty bowl, instead of flowers. The fish are usually a source of interest and pleasure to both child and adult invalids.

NIGHT DUTY.—When on night duty, do not indulge in a cup of strong coffee before going to bed and then wonder why you cannot sleep. Both tea and coffee ought to be omitted in the morning by night nurses. It is also better to take the daily walk after rising than before going to bed if one wants to get to sleep promptly. C. A. A.

THE FAIR OF ALL NATIONS, to be held by the Toronto Graduate Nurses' Club in Massey Hall, October 29, 30 and 31, is expected to be a great success, as the nurses and their friends are working hard for it. The graduates of the Hospital for Sick Children have a baby booth, with clothing and necessaries for children; the St. Michael's nurses have "Ireland," and are going to make their booth a success; the Western Hospital nurses have "France"; the T. G. H. nurses have the "Dispensary," with toilet articles and nursing supplies; the Isolation have sick-room supplies; Grace may take Japan; the Hospital for Incurables have "Wales"; the "outside" nurses have dolls which will represent every hospital whose graduates are on the Central Registry. There will be also booths for fancy work, canned goods, art, autographs, fortune-telling, and, indeed, anything that can be exchanged for money. All contributions will be gratefully received, and may be sent to Hospital for Sick Children.

CHIEF LADY SUPERINTENDENT.

Miss Mary Ard. Mackenzie, R.N.

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A POST-GRADUATE course in District Nursing, 4 months, is given at one of the Homes of the Victorian Order of Nurses, either in Ottawa or in Toronto. For full particulars, apply to the Chief Lady Superintendent, 578 Somerset St., Ottawa, Ontario, or to the District Lady Superintendent, 206 Spadina Ave., Toronto, Ontario.

The Guild of Saint Barnabas

"Je le pansay ; Dieu le guarit." [I tended him ; God healed him.]
—*Ambroise Paré.*

OTTAWA BRANCH.

Local Chaplain—Rev. Canon Kittson.
Local Superior—Mrs Hueston.
Acting Sec.—Miss Sewell.

It is with deep regret we learn of the resignation—through ill health—of our kind, energetic and sympathetic Superior, Mrs. Hueston. Though not long in office, she has won our regard and confidence. We had the feeling that an attentive ear and understanding heart was always open for our woes and troubles. The year with us was not an easy one, and many of the difficulties are still with us. "What the Father of all wills, that is good; and what He does is well done." St. Barnabas' day was marked only by the Corporate Communion. In the absence of the Chaplain, the Rev. Lennox Smith officiated. For the remainder of the day we followed the daily round, the common task, mosquitoes making the Annual Picnic an impossibility. Without officers—and we are absolutely officerless—we dare not face the armies of tiny pests that infest the woods, rivers and lakes.

What are you doing for the half-hearted, the bad members of the Guild, if there be any; those who are turning back? Do you see an evangelist in the inconsistent companion, and determine to steady him, and to stay by St. Mark, even at the risk of separation from those whose opinions seem more valuable than your own? What are you doing to make this Guild felt? Remember what has been done for good and for evil by single individuals, sometimes by the utterly insignificant, sometimes by chronic invalids.—*Canon Newbold, 30th Anniversary Sermon, July,* 1908.

My Scallop-Shell of Quiet

GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven;
. . . . . .
My soul will be a-dry before,
But, after, it will thirst no more.

—*Sir Walter Raleigh.*

THE DESIRE TO BE KIND.

It seems scarcely possible that anyone who works side by side with his fellows in this vast house of enterprise can do so without forming habits of helpfulness. To know when the rough place comes in the road and to stretch out the steadying hand, to recognize the strain on will and temper, to perceive at a glance the presence of physical or mental pain, to make allowance for any kind of weakness, to sympathize with disappointment and grief, no man who uses these things as part of his daily life can be persuaded to call them virtues. They are as simple and necessary as daily bread. But they are as dear to the toiling multitudes of humanity as all but heaven itself.—*J. R. M., in the Evening News, Toronto.*

WHAT CAN'T BE ENDURED MUST BE CURED.

It is reported of St. Gregory that once when a man was found starved to death in his diocese he inflicted heavy penalties on himself, and took all the blame on his own shoulders. Something was wrong with his administration, he said, or it could never have happened. A poor woman once died soon after her confinement quite alone, in the middle of the night, in a big London parish. It led indirectly to the appointment of a district maternity nurse. Such a thing need never happen again, said the Vicar. It was a thought not to be endured. This is a better way, surely, than saying, as we so often do, "Well, it is very sad. But I don't see how anyone is to blame. It is nobody's fault. We can't do anything. 'What can't be cured must be endured.'" But the point, it seems to me, is: "Can we not try to do something? Ought we to be able to endure it, this evil, this wrong, this injustice?" Well, if we can't bear it, we must seek a remedy; and if we seek it in the right way, we shall probably find it—or, at least, someone else may find it, because we helped to start them on the search.—*Edith E. G. May.*

The Canadian Nurse

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Editorial.

THE NURSES' SALUTE.

One of the most remarkable demonstrations in the world's history took place at London recently, when working women, society women, professional women and many others walked in a great procession to show that they wanted Votes for Women. Among the most prominent groups were women physicians in academical costume and nurses in uniform. As the nurses, bearing a banner with the name of Florence Nightingale upon it, passed the Army and Navy Club, these grizzled veterans, including, it is thought, some heroes of the Crimean War, bared their heads and saluted.

RAILWAY NURSES.

Four nurses distinguished themselves at the serious railway accident on the new C.P.R. line from Toronto to the West which occurred in the early hours of Sunday morning, June 28th. A graduate of Toronto General Hospital and a nurse from Chicago, both of whom were too modest to give their names to the newspaper reporters, did all they could to help and succour the wounded before the arrival of the special train which brought Superintendent Oborne, Dr. H. A. Beatty, Dr. Clendennan, Dr. Milne and nurses Rogan and McArthur of the Toronto Western Hospital. Miss Rogan and Miss McArthur had been on duty all day, and Miss Rogan had been, in addition, on duty at an emergency operation from 9.00 to 12.00 midnight, when she was called again at 1.00 a.m. for the special train.

This reminds the CANADIAN NURSE of what the French General said when he was told of the charge of the Light Brigade at Balaclava. He said, "It was very fine, but it was not war." It was very fine and all honour to the two nurses who answered the call. But should they have been called under the circumstances? A score of graduate nurses, who had not been working all day and part of the night, would have been glad to go, and we would respectfully suggest to the railway authorities the advantage of having a few Railway Reserve Nurses, who, while discharging their ordinary professional duties, would hold themselves in readiness for such railway calls.

Editorial Notes.

INDIA.

Association of Nursing Superintendents.—The report of this Association for 1907 has been issued, and we learn some interesting particulars from the *American Journal of Nursing.* Miss J. W. Thorpe, St. Catherine's Hospital, Cawnpore, is the Secretary, and among the members are Miss E. C. Morrison, V.G.H., Halifax, Superintendent of the Jhansi Hospital, and Miss Thomson, T.G.H., of the Mission Hospital at Indore.

GREAT BRITAIN.

Riding.—Every effort is being made by the authorities of Q. A. I. M. N. S. to encourage the nurses to learn to ride, a necessary accomplishment at so many of their stations abroad. The expense is half a crown a lesson, and it is more than worth half a crown.

SCOTLAND.

The Late Miss Louisa Stevenson LL.D.—A most noble and distinguished Scotswoman, one of two sisters who had long been interested in every good work, died last month in Edinburgh. Miss Stevenson was a member of the Board of the Edinburgh Royal Infirmary, had promoted the University education of women, the Medical education of women, the work of the Nurses' Jubilee Institute, and the Colonial Nursing Association. She was also President of the Society for the State Registration of Trained Nurses. Hers was a heroic career. She won great affection and regard, and she doubtless has gone to a great reward. Her spirit may well be known from these words of hers to nurses: "I ask you to remember that reforms are not initiated by the great and mighty. I know of no reform measure taken up enthusiastically by large numbers, but our cause is founded on justice and righteousness, and will ultimately triumph. There is much hard work before us, and much money needed, for nothing can be done without money, so I ask you to relieve the Treasurer of financial anxiety. But I am perfectly certain, I am as sure as that the sun will rise to-morrow, that eventually, for the whole of the British Empire, there will be established a State Register of Trained Nurses."

IRELAND.

The Irish Nurses' Association.—The new President of the Irish Nurses' Association is Miss L. Ramsden, Matron of the Rotunda Hospital, Dublin.

Returned.—Lady Hermione Blackwood has just returned from a delightful trip to the West Indies.

Official Department.

THE ALUMNÆ ASSOCIATION OF THE COLLINGWOOD GENERAL AND MARINE HOSPITAL TRAINING SCHOOL FOR NURSES.

Officers for 1908-9: Hon. President, Miss Morton; President, Miss G. Morrison; First Vice-President, Miss P. J. Cottrill; Second Vice-President, Miss Ella Baker; Secretary, Miss J. E. Carr; Assistant-Secretary, Miss E. M. Dawson; Treasurer, Miss M. M. Redmond.

Sick Visiting Committee: Miss Moore, Miss Robinson, Miss G. Morton, Miss Klinck.

The meetings are held on the last Thursday of the month at 3 p.m. in the Board Room of the Hospital.

TORONTO GENERAL HOSPITAL ALUMNÆ ASSOCIATION.

Officers, 1907-8: Hon. President, Miss Snively; President, Miss A. Muir, 505 Sherbourne St.; 1st Vice-President, Miss H. Fralick, 12 Selby St.; 2nd Vice-President, Miss M. Tweedie, 53 Langley Ave.; Treasurer, Miss Halbhaus, 12 Selby St.; Recording Secretary, Miss Mary Roberts, Grange Ave.; Corresponding Secretary, Miss Samson, 12 Selby St.; Directors: Miss Hall, Miss Burnett, Miss Crosby, 12 Selby St.

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Meetings are held on the second Thursday of the month in the Nurses' Residence at 3.00 p.m.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The following ladies have received appointments as Staff Nurses:—Misses I. D. Humfrey, A.N.S.R., G. E. Browning, N. I. Jordan, M. A. W. Green, M. C. Tawney.

POSTINGS AND TRANSFERS.

Sisters.—Miss E. Body, to M. Hp., Canterbury, from M. Hp., Dover.

Staff Nurses.—Miss M. E. Jacob, to the A. M. Hp., London, on appointment; Miss M. J. Branson, to the A. M. Hp., London, on appointment; Miss M. I. Taylor, to M. Hp., Shorncliffe, on appointment; Miss C. M. Pearce, to C. Hp., Aldershot, on appointment; Miss M. C. Johnston, to M. Hp., Dover, from C. Hp., Aldershot; Miss B. Rankin, to M. Hp., Cork, from M. Hp., Curragh; Miss E. Harvey, to M. Hp., Dover, from the Q. A. M. Hp., Millbank, London; Miss S. N. Daly, to M. Hp., Curragh, from M. Hp., Shorncliffe; Miss A. E. Allen, to C. Hp., Aldershot, from A. M. Hp., Cosham; Miss A. R. Sibbald, to A. M. Hp., Cosham, from C. Hp., Aldershot; Miss G. A. Howe, to M. Hp., Hounslow, from C. Hp., Aldershot; Miss E. R. Collins, to M. Hp., Tidworth, from M. Hp., Hounslow; Miss E. Cooke, to C. Hp., Aldershot, on appointment.

PROMOTIONS.

The undermentioned Staff Nurse to be Sister:—Miss D. M. C. Michell.

APPOINTMENTS CONFIRMED.

Staff Nurse.—Miss M. E. Don.

C. H. KEER,
Matron-in-Chief, Q.A.I.M.N.S.

Hospital and Training School Department.

THE graduation of Miss Garbutt, Miss Wallace, Miss Beattie, Miss Hickson, and Miss Costello, the class of 1908 at the Ross Memorial Hospital, Lindsay, was an event of more than usual importance in the town. Lindsay is fortunate in having for the Chairman of the Board of Governors of her beautiful hospital, Mr. J. D. Flavelle, one of the most public-spirited citizens of the Province, and a brother of J. W. Flavelle, Chairman of the Board of Governors of Toronto General Hospital. The chief address was given by Dr. Bingham of Toronto, who had come specially to Lindsay for the purpose, and both he and the other speakers warmly congratulated and complimented the Superintendent, Miss Miller, and the Head Nurse of the Operating Theatre, Miss Barker. Dr. Bingham wisely dwelt on the importance of a nurse taking care of her health, and spoke forcibly and wisely on the value of observation, reasoning, tact and cheerfulness, and on the importance of being firm and not too friendly with the patient. Warden Mason, Mayor Begg and the Rev. Mr. Phelps, the Rev. Mr. Marsh, and the Rev. Dr. Bishop also delivered interesting addresses.

ON Thursday, June 18th, in the Council Chamber of the City Hall at Brandon, Manitoba, an event of historic importance took place. It was the first graduation of a class of nurses from the Training School of Brandon General Hospital, of which the Superintendent, Miss Birtles, and the Assistant Superintendent, Miss Hortop, have reason to be proud. Great interest in the event was manifested by the friends of the nurses and the general public who listened with pleasure to the address of the Chairman, President Charles Whitehead, which was a masterly review of the work of the nurses in the three years of their course. The lady Superintendent, Miss Birtles, pinned on the Graduates' medals and presented the diplomas, while Dr. More presented the gold, silver and bronze medals donated by the medical staff and awarded for the highest standing. These were won, respectively, by Miss Mina C. Morrison, Miss Ruby C. Ashcroft and Miss Annie E. Valens. A prize for proficiency was awarded to Miss Margaret McGowan. The Secretary, Mr. James, and Mr. Fraser, Mr. Inglis and others also addressed the gathering. The following were the Graduates: Mina C. Morrison, Ruby F. Ashcroft, Annie E. Valens, C. Bartlett, M. MacKay, Margaret McGowan, Jean R. Keating, Christiana Macleod, Margaret Fleming, Annie A. Kennedy, Adeline Knowlton, Millicent F. Hodson, Maud McGregor.

THE regular monthly meeting of the Central Registry Committee was held on Monday, July 6th, at 644 Spadina Ave. Members present, 6. Registrar's report showed number of members to be

269; Calls for June, 117; Registry, 99; Personal, 18; Current Account, $50.60; In hand, $35.50.

A SICK Benefit Fund has been organized in connection with the Edmonton Association of Graduate Nurses.

THE Annual Graduating Exercises in connection with the Hamilton City Hospital took place at the Nurses' Residence on June the eighteenth. A large number of friends of the class, as well as many of the city doctors and clergy, assembled to witness the presentation of the medals and diplomas. Chairman Billings presided at the exercises, and asked the Rev. Dr. Lyle to present the diplomas and the Rev. Father Coty the medals. Speeches were made by both gentlemen. Dr. Frank Coleman addressed the class and his cheery, helpful, practical advice will not soon be forgotten. Rev. Canon Almon Abbott, in his address, gave some advice which will be of much help to them in their professional career. Dr. Langrill, Medical Superintendent, congratulated the class and spoke of their satisfactory work during their training. The report of Mrs. House, Superintendent of the Training School, was presented. It stated that there are at present fifty nurses and seven probationers. Fifty lectures are delivered to the nurses by the doctors of the staff every year. Of the present class, five have completed their course and are doing private nursing in the city. The remaining number will complete their course within the next two months. The following are the names of the class: Miss Nellie Wright, Hamilton; Miss Martha C. Milne, Delaware, Miss Laurel P. Cummings, Walkerton, Miss Eldred Neelands, Strathroy; Miss Mina Rodgers, Hamilton; Miss Iva M. Murphy, Hamilton; Miss Vida Lattimer, Woodstock; Miss Edith Glass, Hamilton; Miss Catherine Dalgleish, Millbrook; Miss Margaret A. Stanyer, Montreal; Miss Alice E. Huidley, Oustic; Miss Ethel B. Briekley, Hamilton; Miss Elizabeth Sadler. The CANADIAN NURSE cordially congratulates the hospital authorities, and especially Mrs. House, on the work of the year.

IN the June issue of the CANADIAN NURSE, there appeared in the "Hospital and Training School Department" a note, taken from the daily press, in regard to the management of the Victoria General Hospital, Halifax, N.S. We are requested to insert the following: To be at all fair to the hospital and those charged with its management, this statement requires an explanation, which we are sure you will kindly allow to appear in the columns of your journal. The Victoria General Hospital is entirely a Government institution. During the year several vacancies occurred in the attending Medical Staff. The Government filled these vacancies by appointing to them medical men of the city of Halifax. There were less vacancies than there were applicants. Sir Robert Weatherbe's son was an applicant. He was not appointed. "Sir Robert Weatherbe made no grave charges regarding the manage-

Summer Diet

for both nurse and patient needs care in the selection. In hot weather appetite is capricious but the nurse's strength, as well as her patient's, needs to be supported—for very often the recovery of the patient depends upon her untiring watchfulness.

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ment of the Victoria General Hospital from his place in the House of Assembly of Nova Scotia." He is not now and never was a member of the Legislature. Between Sir Robert and the Government, correspondence had taken place regarding the medical organization of the institution. In this correspondence, in which Sir Robert advocated his son's appointment to the hospital staff, statements were made which suggested inefficiency in this department, and which might be construed as actual or implied charges against the medical management of the institution. The matter was brought up and discussed in the House of Assembly, but in the whole controversy and discussion, incident to the disappointment, no reference (except complimentary) was in any way made to the general management or administration work of the hospital. The whole unpleasant incident grow out of difference of opinion and unavoidable disappointments respecting the filling of vacancies on the Medical Staff, of which there were not sufficient to satisfy all those seeking recognition.

THE Eighteenth Annual Report of the Brandon General Hospital has a very attractive and almost military appearance in its scarlet and gray cover. Inside, the illustrations and the interest of the contents, as well as the excellence of print and paper, give the whole report a pleasing tone and finish. During the year 1,023 patients were admitted, and the annual income was over $11,000.00. There is accommodation for 120 patients, and at the time of the visit of the Grand Jury, there were 60 inmates, 23 of whom had typhoid fever.

THE closing exercises of the twenty-sixth graduating class of the Training School for Nurses were held in the amphitheatre of the Toronto General Hospital, and were attended by a large gathering of representative citizens and others interested in the work of the hospital and the training school. The Rev. H. Francis Perry opened the proceedings with prayer, after which an interesting address was given by Mr. J. W. Flavelle. Miss Snively read an excellent annual report, and Mr. Chas. Cockshutt addressed the graduating class. President Falconer presented the diplomas and badges, and the following prizes were presented by the donors: Scholarships—Senior year; the C. C. scholarship; $50; general proficiency, practical work, deportment and administrative ability—Sarah McClure Morrow. The T. D. Patterson scholarship; $50; surgical technique and aseptic surgery—Jean C. Leishman. The Alumnae Association scholarship; $25; practical essay on preparation and after care of an abdominal section—Alice Ross. Prizes—Senior year; first prize, general proficiency, offered by Dr. Charles O'Reilly—Clarissa A. Hasenflug. Second prize, general proficiency, offered by Mrs. Walter S. Lee—Mary Alice Smeeton. Third prize, general proficiency, offered by R. L. Patterson, Todmorden—Eva Hyslop. Special prize, practical nursing, offered by

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Dr. J. N. E. Brown—Florence Margaret Ross, Martha Olive Bradley. Special prize, for neatness and order in bedroom, offered by Mrs. R. B. Hamilton—Eva J. Garrett, Florence Margaret Ross, Nellie G. Minns. Scholarships—Intermediate year; the Mrs. A. T. White scholarship; $50; for general proficiency and practical work—Nellie Thompson. The John H. C. Durham scholarship; $25; for deportment and ethics—E. Nora Campbell. The Arthur McCollum Memorial scholarship; $50; in the junior year for general proficiency and practical work—Laura Gamble. Following are the names of the graduates:—Emma Elizabeth Augustine, Arkona, Ont.; Patience J. Bartley, Listowel, Ont.; Martha Olive Bradley, Welland, Ont.; H. Pauline Dayman, Parry Sound, Ont.; Elizabeth Davison, Newmarket, Ont.; Mildred Dean, Toronto, Ont.; Mary Elizabeth Fletcher, Paisley, Ont.; Eva J. Garrett, Barrie, Ont.; Clarissa A. Hasenflug, Milverton, Ont.; Rose E. Hollies, Dartmouth, N.S.; Eva Hyslop, Lansing, Ont.; Jean C. Leishman, Chatham, N.B.; Nellie G. Minns, Toronto, Ont.; S. McClure Morrow, Toronto, Ont.; Elizabeth Morris, Toronto, Ont.; Effie McGiffin, Toronto, Ont.; Jessie C. MacLennan, Toronto, Ont.; Catherine C. MacGibbon, Forest, Ont.; Catherine J. Newall, Toronto, Ont.; Nellie Park, Port Robinson, Ont.; Alice Ross, Leamington, Ont.; Elsie G. Ross, Stratford, Ont.; Florence Margaret Ross, Cannington, Ont.; Frances Scott, Port Arthur, Ont.; Mary Alice Smeeton, Newark, Eng.; Mary A. Springer, Burlington, Ont.; Margaret W. Thompson, Toronto, Ont.; Hazel Wallace, Toronto, Ont. A charming garden party was afterwards held in the Hospital grounds, the guests being received by Miss Snively, Mr. Flavelle, Mr. Cockshutt, Mr. Larkin and Dr. and Mrs. Brown. The scene was a most pleasant one, and the music of the military band beautiful, the weather and the interest of the occasion all added to the enjoyment of the guests.

THE following is a list of new members of The Graduate Nurses' Association of Ontario for 1908: Mrs. Louise W. Burns, Royal Victoria, Montreal; C. E. W. Caire, St. Luke's, Ottawa; E. J. Dugman, Galt Hospital; E. Dickson, Galt Hospital; C. Edwards, Belleville, General; Mrs. E. E. Foster, Belleville, General; Blanche Forsey, Lady Stanley, Ottawa; J. D. Grant, Galt Hospital; Mrs. C. Hellems, St. Michael's Toronto; E. C. Harris, St. Luke's, Ottawa; E. M. Hartley, Western Hospital, Toronto; Pauline Martignoni, Royal Alexandra, Fergus; C. Mackenzie, Galt Hospital; Lena A. Snow, Lady Stanley, Ottawa; E. J. Shanks, H. S. C., Toronto; M Urquhart, Hamilton City; C. Vandewater, Worcester, Mass.; Mrs. J. T. Taylor, Western, Toronto.

WE are permitted to make a few extracts from the recent Report of Miss Snively, Superintendent of the Training School for Nurses, Toronto General Hospital. The number of graduates, trained in the Toronto General Hospital Training School for Nurses, is now

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four hundred and ninety-eight. During the year two of this number have died, twelve have married, and twenty-five have received appointments. Miss Jessie Scott, a member of last year's class, who has been a valued assistant in this Training School for over a year, has been appointed Superintendent of the General Hospital, Calgary, Alta. Although we regret losing Miss Scott, we congratulate her most sincerely upon her present appointment. Miss M. A. B. Ellis, Class of 1907, takes the place of assistant in this School. Additional appointments are as follows: I. M. Brown, Superintendent Royal Jubilee Hospital, Kenora, Ont.; C. Mitchell, Superintendent Mission Hospital, Vegreville, Alta.; I. Moodie, Superintendent Good Samaritan Hospital, Dawson City, Yukon.; H. Lawson, Head Nurse Good Samaritan Hospital, Dawson City, Yukon; I. Burkholder, Head Nurse Good Samaritan Hospital, Dawson City, Yukon; E. Davidson, Superintendent McKellar Hospital, Fort William, Ont.; J. Hopkins, Assistant Superintendent McKellar Hospital, Fort William, Ont.; L. Harper, Superintendent General Hospital, Parry Sound, Ont.; M. Jackson, Superintendent General Hospital, Cobalt, Ont.; E. C. Gordon, Superintendent Private Hospital, Puebelo, Col.; M. C. Bradley, Superintendent Private Hospital, Welland, Ont.; K. Rose, Assistant Superintendent Memorial Hospital, Niagara Falls, U.S.A.; M. Dougal, Assistant Superintendent Marion Sims Hospital, Chicago, Ill.; E. C. Jones, Assistant Superintendent Visiting Nurse Society, Philadelphia, U.S.A.; Mary Smeeton, Superintendent Visiting Nurse Society, Philadelphia, U.S.A.; J. Neilson, Tuberculosis Visiting Nurse Society, Toronto.; Lillie Lindsay, Head Nurse, Burnside.; M. Allen, Head Nurse Lakeside Hospital, Cleveland, Ohio.; A. V. Sinclair, McDonald College, St. Anne de Bellevue, Quebec.; Julia Stewart, Office Nurse, Toronto,; Maud Brown, Private Hospital, Toronto. Lottie Lawson and Mary Switzer have been appointed missionaries by the Foreign Mission Society of the Methodist Church in Canada, and expect to sail for China September next. Both of these nurses will work in hospitals in that country. This has been a notable year in the history of the School, in as much as since our last report the School has been cheered and greatly stimulated by the addition of four valuable Scholarships, three of $50 each and one of $25. The scholarship in the senior year of $50, to be known as the C. C. Scholarship; Intermediate year, $50, presented by Mr. W. T. White, to be known as the Mrs. W. T. White Scholarship, and in the Junior year, $50, to be known as the Arthur McCollum Memorial Scholarship, presented by Mrs. Charles Kyle. All of these are to be awarded for proficiency. The Scholarship of $25 in the Intermediate year for deportment and ethics, was presented by Mr. John C. Durham.

THE Victorian Order of Nurses, Toronto Branch, has appointed a nurse to have charge of a new department for the care of tuberculous patients. Physicians are requested to notify the V. O. Nurse

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THE Montreal General Hospital receives a legacy of $5,000 by the will of the late Sir Robert Reid, of Newfoundland. The Western Hospital and the Victorian Order of Nurses likewise receive $2,500 each.

A MEETING of the Executive Committee of the G. N. A. O. was held at the residence of Mrs. Arthur Paffard, 51 Poplar Plains Road, on Thursday evening, June 25th. There were present Miss Patton, Mrs. Paffard, Mrs. Roden, Mrs. Locke, and Misses Mary Gray, Green, and Stewart. The principal work of the evening was the revision of the Constitution and By-laws of the Association. It is proposed to have these printed, with a list of the members, at an early date. It is hoped that the members will notify the secretary of the changes of address. The committee is much encouraged by the number of applications for membership which have been received since the annual meeting, especially by the large number of new members from Hamilton, and is planning a good campaign in early autumn.

THE many friends of Miss Whittaker, Superintendent of Nurses in the Northern Pacific Hospital at Brainerd, were greatly delighted to see her again in Toronto last month. Miss Whittaker was a graduate of the class of 1886 (T.G.H.), and afterwards carried on her professional work in Winnipeg, she and Mrs. McPherson being the first trained nurses to work in that city. Later on these two Canadian nurses went to the City and County Hospital, St. Paul, and were very successful there. Miss Whittaker has now been the highly-esteemed Superintendent of Nurses at the Northern Pacific Hospital at Brainerd for about eighteen years, and has on this brief visit of a fortnight, as the guest of Mrs. McPherson, cemented old friendships and made new ones. She thought she would like to see the old T. G. H. once more, before it passed away and gave place to a new building, and expressed more than once her pleasure at the many improvements both in the Hospital and the city.

MISS JULIA F. STEWART (T.G.H.) has rented a cottage bearing the charming name of "Bracken Hill," at Port Sydney, Muskoka, for July, August, and September. Several prominent members of the Nursing profession and their friends are planning to spend the vacation at "Bracken Hill," and Miss Stewart will be glad to hear of others.

MISS MCINTOSH (J.H.H.) has gone to Point au Baril, Georgian Bay, for the summer. She will take charge of a number of convalescent patients, who will enjoy the tonic breezes of Georgian Bay, where it is never really hot.

THE graduation exercises in connection with the Royal Alexandra Hospital, Fergus, were held at the hospital on the evening

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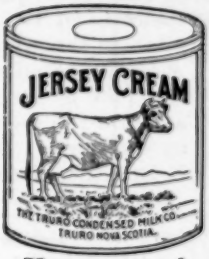

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of June 4th. The chair was ably filled by the Rev. J. B. Mullan, chairman of the Board of Directors. An excellent address was given to the graduates by the Rev. R. A. Hiltz, of Halifax, N.S. After a good musical programme and the presentation of diplomas and pins by Dr. A. Groves, Medical Superintendent, the guests adjourned to the tea room, where dainty refreshments were served by the nurses. Miss Agnes Mitchell, of Arthur, and Miss Mary Z. Brigham, of Allan Park, were the two graduating nurses.

THE Fergus Royal Alexandra Hospital Alumnæ Association gave their annual garden party on the Hospital grounds on Wednesday, July 1st. The grounds, which are well adapted for such, were beautifully illuminated, and the decorated booths presided over by the nurses in uniform made it a very attractive garden party. An orchestra was in attendance. The proceeds will be devoted to the Hospital. The Alumnæ have already furnished a well-equipped preparation room in the Hospital, and have also presented a handsome operating table to the institution.

THE first reunion of the graduate nurses and house surgeons of Grace Hospital, in the form of a garden party, was held on the lawn of the nurses' residence, 216 Huron Street, on June 30th. Miss Patton, Superintendent, with Mr. E. R. Wood, Chairman Board of Governors, and Senator Geo. A. Cox, received the guests in the parlors of the Nurses' Residence, which were profusely decorated with large bunches of marguerites. When the guests, to the number of about two hundred, assembled on the lawn, the House Surgeons, Drs. Dawson, Cannon, and McClure, were presented with their certificates. Miss Adeline Watt received her diploma, the Wismer medal, school pin, and pin for massage, also the $20.00 in gold presented by the Board of Governors to each graduate. Miss Mary Costello, of the Ross Memorial Hospital, Lindsay, was presented with her diploma. Miss Costello is the first nurse to take a post-graduate course in obstetrics at Grace Hospital. Dr. Palmer gave an address on behalf of the staff to the graduates, and Dr. E. K. Richardson to the House Surgeons. In the evening the members of the Medical and Surgical Staffs entertained the guests to a moonlight on the Modjeska. A very enjoyable afternoon and evening were spent, and it is hoped that this first reunion may be productive of good results in bringing the graduates together, if not annually, at least every five years or so.

THE Graduation Exercises of the Western Hospital, Bathurst St., Toronto, took place on June 25th at three p.m., at the Hospital. The graduation exercises were very much enjoyed by the nurses and their friends, and reflected great credit on the Board of Governors and the Medical Staff, especially the new Superintendent, Miss Woodland, who has already won golden opinions and possesses the goodwill of everyone. The Board of Governors and the Ladies' Board gave a garden party in the hospital grounds, where tea and

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ices were served, the table being decorated with carnations. An orchestra played under the trees. Some of those present were: The Hon. Thomas and Mrs. Crawford, Dr. and Mrs. A. A. Macdonald, Mr. and Mrs. H. C. Tomlin, Dr. and Mrs. Ferguson, Dr. and Mrs. McCullough, Dr. and Mrs. Young, Mrs. W. J. Wilkinson, Miss Wilkinson, Mr. and Mrs. McGillivray Knowles, Dr. and Mrs. Price Brown, Dr. and Mrs. Hay, Dr. Shore, Mr. and Mrs. Kent, Mrs. Andrew Darling, Mrs. Jean Blewett, Dr. and Mrs. Bruce Smith, Dr. Stowe-Gullen, Mrs. Stowe, Mrs. Langlois, Mrs. Woodland, Mrs. Denison, Mrs. Wilson, Mrs. E. H. Sharpe, Mrs. Carey and Dr. and Mrs. Hunt. The list of graduates is as follows:—Misses Helen Baker, Maud Cook, Minnie Misener, Elizabeth McArthur, Minnie Rogan, Maple Stroud, Saidee Jackson, Margaret Ward, Isabella Hanna, Ella Drysdale, Jennie Leach, Kathleen McMurray, Lena Davis, Beatrice Wilson. The gold medal for bandaging was awarded to Miss Helen Baker, Miss Maud Cook received the prize for the best written paper on surgery, and fourteen nurses received certificates and pins. This is the first time in nine years that graduating exercises have been held in the Hospital, and on this occasion about two hundred people were present. In the evening the nurses held an impromptu dance.

Miss Delphina E. Capling, of Cannington, Ont., graduate St. Luke's Hospital, Newburgh, N.Y., resident nurse at Wellesley College Hospital, Wellesley, Mass., and Miss Annie Rebecca W. Moore, of Collingwood, Ont., graduate Collingwood General and Marine Hospital, and members Graduate Nurses' Association of Ontario, have gone to Philadelphia as students in the Pennsylvania Orthopaedic Institute.

Miss L. A. Hortop, Assistant Lady Superintendent of Brandon General Hospital, Man., left on July 9th for her home, Brooklin, Ont., and it is her intention during her vacation to visit Quebec to see the Tercentenary pageant.

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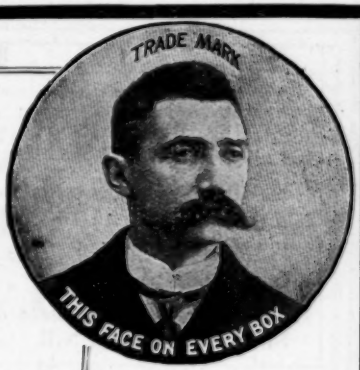

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Personal.

Miss Minnie Murray, V. P. H., is doing private nursing in California.

Miss Strong, graduate of the L. S. I., Ottawa, is doing private nursing in Edmonton.

Miss Dickson (T.G.H.) is in England and at present is residing in Eastbourne.

Miss Greer, graduate of V. P. H., recently visited friends at Sheffield Academy, N.B.

Miss McCallum, Matron V. P. H., spent a few days at her home, in Charlotte Co., recently.

Miss Beatrice Prusser, of Eaton Rapids, Mich., graduate of G. G. H., is spending her vacation at her home, Drayton, Ont.

Dr. and Mrs. A. R. Gordon and Miss S. Carolyn Ross sail on Saturday, July 11th for Liverpool. Miss Ross will spend some time abroad.

Miss Margaret Wallace, a graduate of the same hospital, class, '07, at present staff nurse at Thessalon, Ont., will join Miss Cox at Quebec.

Mrs. R. Strachan, of Fort William (Miss Gladstone, T.G.H.), spent a short time in Toronto last month, much to the pleasure of her many friends there.

Miss V. L. Eraut, of Holly Road, Fairfield, Liverpool, has accepted an appointment at the Memorial Hospital, New York City, and will enter on her new duties at once.

Mrs. Charles Richards, of Woodstock, N.B., is spending a few days in Fredericton. Mrs. Richards (nee Miss Bolton) is a graduate of V. P. H., Fredericton, N.B.

Miss Anna A. Hawley, Head Nurse at the Queen Victoria Hospital, Yorkton, Sask., is spending a month's holiday on the Indian reservation at Fort Pelly, Sask.

Miss Bessey, graduate of the Guelph General Hospital (class '05), has been appointed Superintendent of the Berlin-Waterloo Hospital, and Miss Grierson (G. G. H., class '05), head nurse.

The engagement is announced of Miss Elizabeth McLeod Patton, Superintendent of Grace Hospital, and Dr. Charles J. Currie, of College Street, Toronto. The marriage will take place in September.

Miss Landry, graduate Victoria Public Hospital, Fredericton, N.B., is now head nurse in the "Jewish Hospital," Brooklyn, N.Y.,

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and Miss Likely, graduate of V. P. H., is doing private nursing in Duluth, Minn.

Miss Margaret C. Grant (V.O.N.), Staff Nurse at the Victoria Hospital, Indian Head, Sask., has been appointed Superintendent of the Emergency Hospital at Arrowhead, B.C., a branch of the Revelstoke Hospital.

Mrs. Lillie H. Marshall, one of the instructors at the Pennsylvania Orthopaedic Institute and School of Mechano-Therapy, Philadelphia, is going to Europe to study latest methods in mechano-therapy.

Miss Effie Cox, a recent graduate of Queen Victoria Hospital, Yorkton, Sask., is doing most successful private work at Headingly, Man., a suburb of Winnipeg. She expects to leave the first part of July for a holiday trip to her home in Nova Scotia.

Miss Cecelia Jacobs, R.N., of Grassie, Ont., graduate of the New York Infirmary Class 1905, who has been doing private nursing in New York City, has accepted the position of Superintendent of The John Wells Memorial Hospital, New Brunswick, N.J.

Miss Laidlaw, assistant nurse in the Fernie Hospital, returned on June 30th, after spending a very pleasant month's holiday on the Pacific slope. Miss MacBride, who has charge of Dr. MacSorley's private hospital at Michel, B.C., is in Winnipeg, spending her holidays with relatives and renewing old acquaintances.

The Westerner writes from Fernie, B.C., that Miss Kidd, matron of the Fernie Hospital, had just left for Vancouver on a well-earned holiday. While in Vancouver, Miss Kidd will be the guest of Mrs. (Dr.) Corsann (of Fernie), who has taken a cottage there for the summer. During Miss Kidd's absence Miss McKibben, of the W. G. H., will have charge.

By the way, the heart of the entire Editorial Board swelled with pride to see that one of the New York Journals had saved up our article on The Worsley House Club for a whole year and republished it in full in their last issue! Think of that! Picture post cards or other correspondence from all our travelling friends are most welcome at the office of The Canadian Nurse.

Miss Standen, of Toronto, and Miss Isabel Stewart, of Winnipeg, are among the fortunate nurses in the full enjoyment of that great event of a life time, a trip to Europe. They both came and took a fond farewell of The Canadian Nurse before they went, and we find it hard to do without them on this side of the sea, and are already looking forward to their return. Both ladies will probably stay in London at the Worsley House Club, 15 Clifton Gardens, Maida Vale, which is one of the most pleasant places a nurse could stay, and so very good for the nurse and the purse.

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The Practical Nursing of Infants and Children, by F. C. Madden, M.D., F.R.C.S., $1.00.

First Lines in Midwifery: A guide to attendance on natural labor for medical students and midwives. New and revised edition, by G. E. Herman, M.D., F.R.C.P., F.R.C.S., $2.25.

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Miss Barwick, R.N. (J. H. H.), Registrar of the Toronto Central Registry, had the honor of being invited to address the Nurses' Registry of Cleveland, Ohio, on June 30th, on which occasion she was the guest of the Registrar, Mrs. Smith, who is also a Canadian, and a native of Oshawa. Indeed, there is a very distinguished circle of Canadian nurses in Cleveland, the best known of whom, in addition to Mrs. Smith, are Mrs. Hunter-Robb, wife of the well-known surgeon, Dr. Hunter-Robb (nee Miss Isabel Hampton, of St. Catharines, a graduate of Bellevue Hospital, first Superintendent of the Johns Hopkins Hospital Training School for Nurses, and this year President of the American Association of Superintendents of Training Schools), also Miss Ellis, Superintendent of the Lakeside Hospital; Miss Grace Hodgson, Night Superintendent; Miss Irwin, Superintendent of Probationers; Miss Jessie Christie, and Miss Allen, Head Nurses in the same celebrated Hospital. Miss Barwick was delighted by the beauty of Cleveland, where she was most hospitably entertained by Mrs. Hunter-Robb at the Union Club, and by Miss Ellis, Miss Darling, Miss Hodgson and others, and we are informed upon good authority that her address was a great success, and that the Cleveland nurses were equally delighted with her. This visit was quite an event and an honor, not only for Miss Barwick, but for the Canadian profession and especially for the Central Registry

BIRTHS.

On June 1st, to Mr. and Mrs. Alexander Flemming a daughter. Mrs. Flemming is a graduate of V. P. H., Fredericton, N.B.

In Fosston, Minn., U.S., on June 30, 1908, to Dr. and Mrs. Robert Turnbull, a son. (nee Clara Lundy, T. G. H.)

To Mr. and Mrs. McArthur (Miss Murray, T.G.H.), at Bowmanville, a son.

MARRIAGES.

On June 10th, at St. Peter's Church, Springhill, N.B., Miss Bessie Murray, of Kingsclear, N.B., to Mr. Frederick Everett, Fredericton, N.B. Rev. Canon Montgomery officiated. Miss Murray is a graduate of V. P. H. Mr. and Mrs. Everett will be at home to their friends at their residence, Westmorland St., Fredericton, N.B.

Courtice—Young.—On June 23, at the Parsonage, Thornbury, Mary Emma, daughter of Rev. and Mrs. Joseph Young, to Mr. F. E. Courtice, B.A.Sc., of Collingwood. The ceremony was performed by the bride's father, assisted by Rev. A. C. Courtice, the groom's brother.

Jardine—Ross.—At Lowville, Canada, on June 20th, 1908, Miss Annie Ross, graduate of Hamilton City Hospital, Canada,

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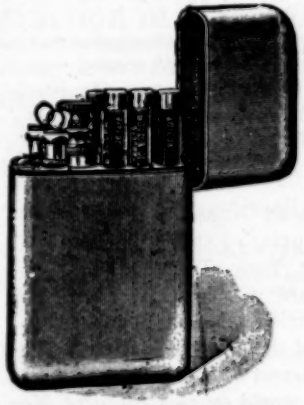

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Class '91, and post-graduate Woman's Hospital, New York City, Class '01, to Mr. William Jardine, of Hamilton, Canada. Mr. and Mrs. Jardine will reside at 57 Murray St. E., Hamilton, Canada.

DEATHS.

On Monday afternoon, June 15th, in Caledonia, the remains of the late Ellen Hull were laid to rest in the Unity burying ground. Miss Hull was a graduate of the Western General Hospital, Montreal, of the September class of 1904. Nurse Hull's sudden illness and subsequent death has caused much sorrow throughout the village. She contracted pneumonia about June 10th, and weakened as her system was from recent nursing of the same malady, she was not strong enough to throw off the dread disease which resulted in her death. Miss Hull was the eldest daughter of Mr. and Mrs. Henry Hull. She was a nurse of unusual ability, and her kind and loving disposition made her much beloved by her patients.

The Editorial Board deeply regret the loss of one of their friends. She fell on the field of duty, a martyr to her profession.

The Nurse's Library.

The July number of the *Canadian Pictorial* will be a magnificent representation of Quebec and the Tercentenary.

The Psychological Clinic (Philadelphia), now in its second year, is invaluable, and indeed indispensable, to those who are interested in the children who are retarded in mental and moral development. These form from five to fifty per cent. of the school population.

It was welcome news to The Canadian Nurse that Cassell & Company had come to Toronto. The imprint of that world-famous firm now reads:, "London, Paris, New York, Toronto and Melbourne," as we find it in a book we are very glad to have, the Fourth Edition (already) of Sir Patrick Manson's "Tropical Diseases." Every word which we said of the First Edition is more true of this. It is fascinating in the interest of its story, and it is written by the greatest authority in the world on this subject. No thoroughly educated nurse who does work in the southern part of the United States, or in any tropical or sub-tropical climate, can do without it. Here we read of malaria, malta fever, plague, heat stroke, cholera and many other things. Seven colored plates and over 200 other illustrations add to the value of the book. A great book.

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The evolution of the methods of care for the sick from the earliest times to the foundation of the first English and American Training Schools for Nurses. By LAVINIA L. DOCK, R.N., Secretary of the American Federation of Nurses and of the International Council of Nurses, etc., and M. ADELAIDE NUTTING. R.N., Superintendent of Nurses The Johns Hopkins Hospital, Principal of Johns. Hopkins Training School for Nurses, etc. Two vols. Price, $6.00.

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"The legs of the stork are long, the legs of the duck are short; you cannot make the legs of the stork short, neither can you make the legs of the duck long. Why Worry!"—*Chwang Tsze.*

We are much interested in presenting this book to our readers. It is a really useful book, and few nurses will feel that it is not a book for them. Our patients are so frequently the victims of "obsessions" that we must do all we can to study the subject of worry from a scientific point of view. We heartily recommend this work. The quotation gives a good idea of the spirit of the book.

ALL readers of this Magazine, who have not received a copy of "Women in Banking," written by Mrs. E. B. B. Reesor, and published in the *New York Bankers' Magazine,* will be given one upon application to the Crown Bank of Canada, 34 King Street West, Toronto. The article is illustrated with pictures of the special rooms set apart for women, and, as the privileges of using them and making this down-town Rest Room a meeting place for out-of-town friends or for consultations with their physicians has always been extended to members of the Nursing profession, it will be of interest to you to see what these apartments are like.

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